

## COUNTY CLINICIANS TRAINED IN TF-CBT

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

[AGENCY]  
[AGENCY PHONE NUMBER]  
[NAMES OF CLINICIANS]

## CHILDREN AND FAMILIES CAN HEAL AFTER TRAUMA

Many studies have shown that traumatic stress and depression improve more with TF-CBT than with non-specific therapy. Children/youth with all kinds of different traumas, boys and girls, and children/youth from different ethnic and racial backgrounds benefit just as much.

Children treated with TF-CBT often experience a reduction in trauma symptoms. This therapy may make your child or youth feel less nervous, more trusting and confident and happier which could lead to improved behavior.

DCF is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact the Division of Safety and Permanence at (608) 266-8787. For civil rights questions call (608) 422-6889 or (866) 864-4585 TTY (Toll Free).

DCF-P-5093 (N. 02/2016)

## TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)



WISCONSIN DEPARTMENT OF  
CHILDREN AND FAMILIES

Division of Safety and Permanence

## THE IMPACT OF TRAUMA



Childhood trauma can have a serious impact on children's functioning.

Trauma:

- Effects brain development
- Makes it difficult for children to manage emotions and stress
- Contributes to learning and memory problems and
- Leads to difficulties in school and with peers.

Trauma puts children at risk for:

- Depression
- Behavioral problems
- Self-destructive behaviors
- Relational problems
- Eating disorders and
- Drug and alcohol abuse.

## WHAT IS TF-CBT?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a model of psychotherapy that addresses the unique needs of children with PTSD symptoms, depression, behavior problems, and other difficulties related to traumatic life experiences.

TF-CBT is proven to be helpful for children ages 3-18 to overcome the painful effects of traumatic life events.

TF-CBT teaches children/youth skills for managing troubling thoughts, feelings and behaviors as well as coping and relaxation skills. TF-CBT teaches caregivers how to support their child's safety and well-being. Individual sessions for the child and for the parents or caregivers, as well as joint parent-child sessions, are part of the treatment.

A traumatic stress assessment done by a licensed therapist will determine if TF-CBT is the right therapy for a child/youth.

## WHAT TO EXPECT IN TF-CBT

- TF-CBT is a structured therapy where children/youth process their experience and learn helpful ways to think about what happened.
- Children/youth practice skills for handling feelings, and thinking in more constructive ways in between sessions.
- TF-CBT helps caregivers understand the impact of trauma and how to best support their child.

